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OTTAWA

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Tuesday, January 17, 2012
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News worth sharing.

Ottawa man home safe after arrest in Congo



► Fabien Kalala Shambuyi hugs his emotional mother, Marie Therese Kapinga, after arriving at the Ottawa International Airport Monday evening.

► Emotional homecoming for University of Ottawa student who volunteered as security guard for Congolese opposition leader



JOE LOFARO
@METRONEWS.CA

Fabien Kalala Shambuyi will finally get to celebrate Christmas properly now that he is safe and sound with his family in Ottawa.

Family of the 26-year-old University of Ottawa student barely let him pass through the arrivals door at the Ottawa International Airport Monday evening before they smothered him with hugs and kisses.

His arrival was an emotional one after spending 10 days in a Democratic Republic of Congo prison for insulting a Congolese police chief. He had been volunteering as a security guard for opposition leader Etienne Tshisekedi during the country's contentious elections when he was arrested Dec. 21 at the Kinshasa airport.

Released Dec. 31, Shambuyi had to wait until last week to get his passport from Canadian officials in the country.

Shambuyi's mother, Marie Therese Kapinga, was last to arrive at the airport to welcome him home. When she saw him, she broke down into tears and hugged him several times.

"I feel very, very, very good because I see my son," said Kapinga. "I was afraid. I didn't know



"Today's it's probably going to be a Christmas in January, that's for sure. He missed it."

ERIC CIMANKINDA,
FABIEN KALALA SHAMBUYI'S BROTHER

when I was going to see him again."

Shambuyi read a prepared statement after arriving, thanking the Canadian government, Ottawa's Congolese community, his family, and media for helping.

"I'm just overjoyed to be back here and I'm very content to be here," he said. "You cannot imagine how precious is respect of human rights in Canada."

He said he would speak on a later date to explain what happened to him in Congo. Monday night he said all he wanted was to be with family.

Give transit riders real answers: Councillors

City councillors send so many rider complaints to OC Transpo that it takes the equivalent of one full-time staff member to answer them all, city documents reveal.

Despite the year's salary spent on the task, riders are getting fed up with generic Pollyannaish replies to legitimate gripes, councillors say.

"They always try to spin it positive," Coun. Marianne Wilkinson said. "I just want them to be much more open and not try to fudge around with it, because people get

frustrated."

The frustration was evident in a document attached to this week's Transit Commission agenda. It says councillors forwarded 3,000 emails or calls from the public to OC Transpo last year, and the time spent responding to them was equal to a full-time employee's schedule.

Transit Commission chair Diane Deans said the 3,000 complaints are "from constituents that are expressing concerns about a particular OC Transpo issue," and it is standard practice for

councillors to send them to OC Transpo staff to get the information they need to reply.

Those are on top of complaints delivered directly to OC Transpo from riders. Deans said the reason there are so many is that OC Transpo serves about 200,000 people a day.

"That's a lot of contact with the public," she said.

Wilkinson has forwarded many complaints and said the replies don't always address what was asked.

For example, OC Trans-



► The reason there are so many OC Transpo complaints is that it serves some 200,000 people a day, Transit Commission chair Diane Deans says.

po staff will write about route optimization instead of telling a rider why their bus didn't come or is always late, she said.

"They could take it a

little more seriously," Wilkinson said. "They see so many of them; they forget each one is an individual."

• JESSICA SMITH

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news



Goofy motion-control and battery packs for the electricity-challenged are among the weirder gadgets from CES. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Stephen Colbert's Super PAC airs a new ad targeting Mitt Romney. Of course, Colbert had 'nothing' to do with it. Watch at metronews.ca/video

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Strip-club fire deliberately set: Cops

► One person in custody, but police don't think he set the fire ► Sledgehammer, gasoline reportedly found

 **JESSICA SMITH**
@METRONEWS.CA

Police suspect arson in a fire that erupted at Barbarella's Cabaret — a downtown strip club — on Monday morning.

"We are treating this fire as a suspicious fire and it is currently under investigation by the Ottawa police arson unit," said Marc Messier, Ottawa Fire Services spokesman. "Crews found some evidence at the scene that led them to go in that direction."

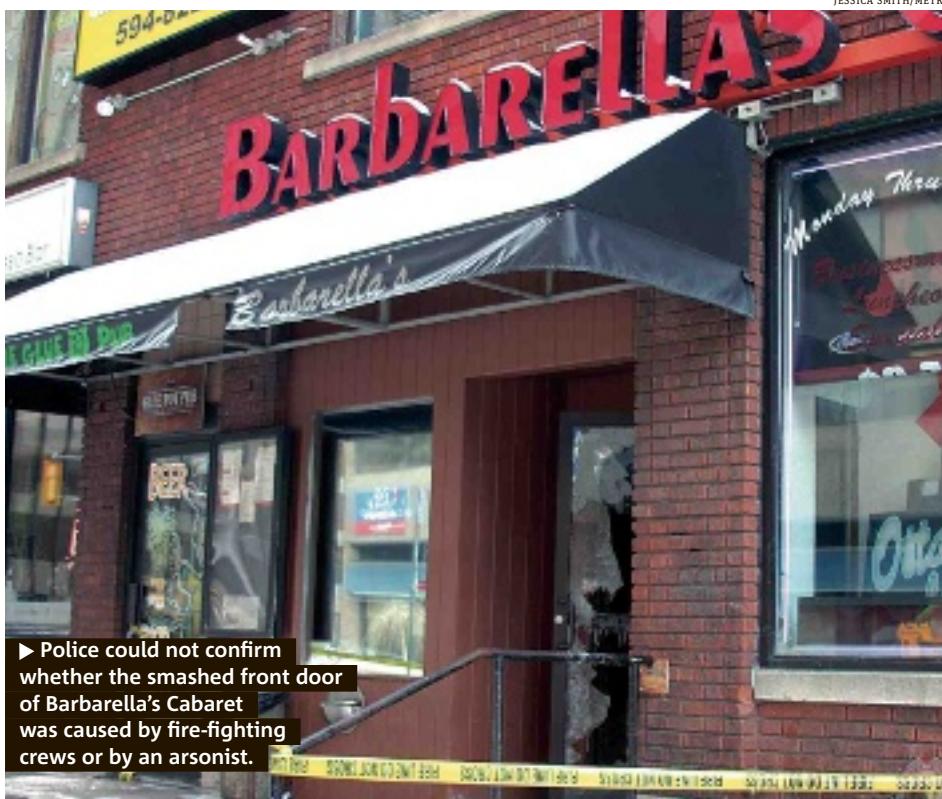
When crews arrived, they had to extinguish the remainder of a small fire in the front lobby, Messier said. "The building has a

built-in sprinkler system, so the sprinkler system had taken care of most of the fire," he said.

The blaze caused about \$150,000 in damages, mostly water damage from the sprinklers, Messier said.

On Monday morning, the damage to the lobby could be seen through a shattered glass door. Messier could not confirm whether that was caused by crews fighting the fire or by an arsonist.

Police said someone was arrested at the scene of the fire a few hours after it broke out, but they believe that person did not have anything to do with setting the blaze.



► Police could not confirm whether the smashed front door of Barbarella's Cabaret was caused by fire-fighting crews or by an arsonist.

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Artist's
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Man's body found underneath bridge

► Autopsy to be performed this week in Montreal to determine cause of death ► Police treating death as suspicious until they determine what happened

 **JOE LOFARO**
@METRONEWS.CA

Gatineau police said the body of a man in his 40s was discovered Sunday evening on the Ottawa River ice under the interprovincial Alexandra bridge.

Police are not releasing the identity of the man, but said he was an Ottawa resident. His body was discovered at around 4 p.m. Sunday.

Police requested the assistance of the Quebec provincial police canine unit to search the area. Ot-



► Police cordoned off the Alexandra Bridge to pedestrians Monday after a man's body was discovered on the ice Sunday evening.

tawa police are also assisting in the investigation.

Police closed the bridge to pedestrians on both sides while they investigated, but the area was re-

opened to traffic by Monday afternoon.

.....
For more local news, visit metronews.ca/ottawa



► Mayor Jim Watson poses with Harris Security president James Harris after proclaiming Jan. 16 as Martin Luther King Jr. Day in Ottawa.

JOE LOFARO/METRO

Jan. 16 now Martin Luther King Jr. Day

Mayor Jim Watson officially proclaimed Jan. 16 as Martin Luther King Jr. Day in the city of Ottawa Monday as members of the African-Canadian community gathered at city hall to mark the activist's birthday. At the ceremony, Daniel Stringer accepted the DreamKEEPERS for Outstanding Leadership award on behalf of June Girvan for her work with youth and newly arrived Canadians.

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It's a battle-of-the-bulge throwdown

► Toronto Mayor Rob Ford tipped the scales at 330 pounds Monday morning as he called on fellow North American mayors — some of whom are rather svelte — to join him in a six-month weight-loss campaign

Toronto Mayor Rob Ford has turned his battle of the bulge into an international throwdown.

In a tweet announcing the challenge, he singled out Calgary

Mayor Naheed Nenshi, Vancouver Mayor Gregor Robertson and Halifax Mayor Peter Kelly, as well as New York City's Michael Bloomberg and Chicago's Rahm Emanuel.

Dubbed the Cut The Waist Challenge, the campaign aims to encourage the public to embrace

a healthier lifestyle, said the mayor, who hopes to lose 50 pounds by June 18.

It's unclear how many of Ford's peers will take him up on the challenge, given that some are already known for their healthy habits and lean physique.

"Mayor Bloomberg exercises daily and very avidly watches what he eats — two reasons why he's about as thin as he was in college 50 years ago and not at all overweight," Bloomberg's

spokesman, Stu Loeser, said in an email.

"Though this plan sounds like a great idea, it doesn't really apply to our mayor," he added.

Emanuel, a triathlete who logs daily workouts and carries a water bottle wherever he goes, may not have much to lose either.

Meanwhile, Robertson's website describes him as "a dedicated cyclist."

Ford said he hatched his weight-loss plan over the holidays. "It's the heaviest

I've ever been," the mayor said. "I've got young children. This is not healthy. You can't be running the city, you can't be doing all this at 330 pounds."

The mayor said his

weight-loss plan will be based on "common sense" — more exercise and less food. **THE CANADIAN PRESS**

Metro challenge

Metro staff are responding to the mayor's Cut The Waist Challenge by committing to a collective weight-loss goal. They're stepping on the scale each Monday for the next six months. See where they are next week!



Peter Kelly
Halifax Mayor Peter Kelly, at five-foot-11, is roughly half the weight of Toronto Mayor Rob Ford. "Since, over the past few years, I've already lost over 30 pounds, I don't need to lose any more, and if I did you wouldn't be able to see me," Kelly said. Kelly politely declined the personal challenge, but said he would accept a community challenge.

● METRO HALIFAX



Michael Bloomberg
New York City's trim mayor Michael Bloomberg politely declined the challenge. But that doesn't mean he won't stop pestering his fellow New Yorkers to drop some pounds. Bloomberg is continuing his public-health campaigns, warning about the dangers of sugar, salt and too much alcohol. And just last week Bloomberg unveiled a subway ad blitz about portion control.

THE CANADIAN PRESS



Naheed Nenshi
Calgary Mayor Naheed Nenshi was hesitant to commit to Ford's challenge, but a spokesperson said he's considering it. Nenshi has said previously that he's committed to health initiatives and is participating in a fitness challenge with staff. ● METRO CALGARY

► In a statement Monday, Vancouver Mayor Gregor Robertson said he was "very supportive of efforts by other mayors to take a leadership role in promoting healthy lifestyles." For exercise, Robertson plays soccer and bikes to and from meetings.

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► Britain's Prime Minister David Cameron, right, speaks with Palestinian Authority President Mahmoud Abbas, left, prior to their meeting in central London on Monday.

Israeli settlements 'vandalism': Clegg

► U.K.'s deputy PM blasts ongoing construction ► Israeli spokesperson rebuffs comments as 'gratuitous bashing'

Britain's deputy prime minister accused Israel on Monday of carrying out "deliberate vandalism" by continuing to build settlements on land the Palestinians hope will form part of a future state.

In an escalation of Britain's previous condemnations of Israeli construction, Nick Clegg warned that continued settlement building is jeopardizing prospects for a peace deal.

"Once you've placed physical facts on the ground that makes it impossible to deliver something that everyone has for years agreed is the ultimate destination.... It is an



► Nick Clegg

act of deliberate vandalism to the basic premise on which negotiations have taken place for years and years," Clegg said, referring to settlement construction.

Clegg was speaking alongside Palestinian President Mahmoud Abbas, who also was holding talks in London with Prime Minister David Cameron and Foreign Secretary William Hague — both of whom have previously expressed concern about settlements.

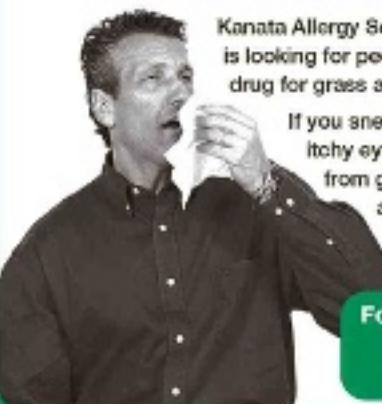
"The continued existence of illegal settlements risks making facts on the ground such that a two-state solution becomes unviable," Clegg said.

He said that continued construction would "do nothing to safeguard the security of Israel itself, or of Israeli citizens."

"This is exactly what we wanted to hear officially from the government of the United Kingdom," Abbas told reporters, speaking through a translator.

THE ASSOCIATED PRESS

Do you suffer from GRASS allergies?



Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.

If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies. You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.

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Romney rival drops out

PRIMARY. U.S. presidential candidate Mitt Romney stood alone Monday at the top of the field of Republican candidates in this week's primary balloting in South Carolina, where three of his more conservative challengers are splitting the powerful block of evangelical and social-conservative voters.

Former Utah governor Jon Huntsman, by far the most moderate Republican candidate vying for the nomination to face President Barack Obama in November, dropped out of the race Monday

and endorsed Romney. That leaves just five men in the competition heading into South Carolina's critical Saturday vote, and a Romney victory likely would make his nomination inevitable.

Romney previously was first in Iowa caucus voting, then in the New Hampshire primary polling last week.

While a majority of Republicans don't trust Romney because of his moderate past, they have been unable to settle their support on the more conservative alternatives: Newt Gingrich, former speaker of the House of Representatives; Rick Santorum, a former Pennsylvania senator; and Texas Gov. Rick Perry.

Libertarian candidate Ron Paul, a Texas congressman, likewise has failed to rally sufficient support to make him a serious challenger to Romney in the first primary vote in the deep South. **THE ASSOCIATED PRESS**

29 missing from liner

- Cruise ship disaster raising environmental concerns
- Captain facing accusations about 'unauthorized manoeuvre'



► Italian rescue personnel work aboard the Costa Concordia cruise liner, two days after it ran aground off the tiny Tuscan island of Giglio, Italy.

Italy's cruise-liner tragedy turned into an environmental crisis Monday, as rough seas battering the stricken mega-ship raised fears that fuel might leak into pristine waters off Tuscany that are part of a protected sanctuary for dolphins, porpoises and whales.

The ship's Italian operator also accused the jailed captain of causing the wreck that left at least six dead and 29 missing, saying he made an "unapproved, unauthorized manoeuvre" to divert the vessel from its programmed course.

Earlier, authorities had said 16 people were missing. But an Italian Coast Guard official, Marco Brusco, said late Monday that 25 passengers and four crew members were unac-

counted for three days after the Costa Concordia struck a reef and capsized off the coast of the tiny island of Giglio.

Brusco said there was still "a glimmer of hope" there could be survivors on parts of the vast cruise liner that have yet to be

searched. The last survivor, a crewman who had broken his leg, was rescued on Sunday.

THE ASSOCIATED PRESS

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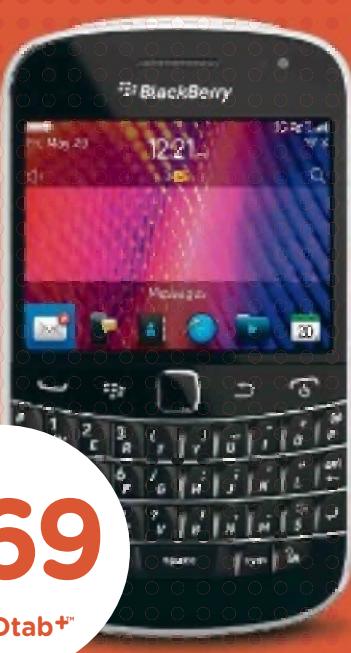
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LARS HAGBERG/THE CANADIAN PRESS



► Tooba Yahya and Mohammad Shafia leave the Frontenac county courthouse in Kingston, Ont., last Friday.

Crown theories akin to bedtime stories: Yahya

A mom charged with killing her three daughters turned the tables on the prosecutor in her case Monday, accusing him of having an overactive imagination and likening his theory of what happened to a child's bedtime story.

Tooba Yahya, 42, was on the stand for a sixth day at the Shafia family murder trial, where she, her husband and their son are accused of killing the three girls and the first wife in their polygamous marriage.

THE CANADIAN PRESS

Alleged war criminal must stay in custody

► Quebec City man cited in Rwandan genocide ► UN looking into claims he could be tortured if deported

A Rwandan man who is facing charges of inciting genocide and crimes against humanity will remain detained pending a court decision on his deportation.

Leon Mugesera will return before an immigration board in a week's time if he is still in Canada, commissioner Dianne Tordorf ruled after an



hour-long hearing in Montreal on Monday.

Tordorf described Mugesera as a flight risk who couldn't be trusted, given his hospitalization last week just a day before he was scheduled to be deported. THE CANADIAN PRESS



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Ex-Nortel execs scrutinized on profit

► **Prosecutor said financial statements were off by half a billion dollars**

One of the biggest trials in Canadian corporate history got underway Monday, with the Crown prosecutor beginning to lay out his case against three former Nortel Networks executives accused of falsifying financial reports.

Former chief executive Frank Dunn, former chief financial officer Douglas Beatty and former corporate controller Michael Gollogly each entered not guilty pleas to two charges before the prosecutor be-

gan his opening statements.

Crown attorney Robert Hubbard alleged the three men worked together to falsify Nortel's records and statements — to make it look more profitable.

Hubbard said Nortel's financial statements were incorrect in the first and second quarters of 2003. The prosecutor argued it is clear that the way Nortel recorded its financial statements was not in accordance with general

accounting principles.

"The only real question is, did you know it at the time?" Hubbard asked, gesturing to the accused.

Hubbard said he aims to prove the men falsified statements because bonuses for senior executives were linked to consecutive quarters of profitability.

In order to trigger those bonuses, the accused "had to juggle accounting to achieve those results," Hubbard said.

THE CANADIAN PRESS



► Former Nortel Networks chief executive Frank Dunn leaves court in Toronto on Monday.

Market moment

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- 99¢ US (\$99.69 US)	Gold \$1,643.50 US (+ \$12.70 US)

Home sales up, beating projections

CANADA. So much for a housing market slowdown in 2011. Home sales rose 2.2 per cent over 2010 to 457,000 units last year, according to data released Monday by the Canadian Real Estate Association. That is nearly a full percentage point higher than CREA's projection of a 1.4 per cent gain to 453,300 homes.

THE CANADIAN PRESS

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FOUR WAYS TO DIVORCE JANUARY FROM ITS REPUTATION

SHE SAYS ...

JESSICA NAPIER
METRO



Did you know that more couples file for divorce in January than at any other time of the year? Disheartening as it is, January's unfortunate notoriety as Divorce Month certainly

makes sense. Couples on the brink of breaking up will fake it till they make it through the holidays, holding off until the new year to seek legal separation.

Luckily, I don't have much experience when it comes to divorce (thanks Mom and Dad). However, from the second-hand knowledge I've collected over the years, I know that there is never an easy time to say "I do" to divorce.

Sure, it might be a popular time of year to make your failed marriage official, but there are plenty of less depressing milestones worth celebrating. I say, let's take back January from the family law firms and make it a month dedicated to something other than irreconcilable differences.

Here are a few alternatives I'm proposing:

Give a Big Tip Month: In January 1914, Henry Ford established a previously unheard-of \$5.00 a day minimum wage in his automobile factories. Why not celebrate this month by giving generous tips to all of those hard-working servers, cab drivers, baristas and other minimum-wage employees who make your life easier. In other made-up-holiday news, January also happens to be National Thank You Month, giving you another reason to show some gratitude.

Act like a Grown-up Month: On the second Monday in January, the Japanese celebrate Coming of Age Day in recognition of young adults who have reached the age of majority. Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold, not using emoticons in work emails and finally paying off your credit card bill.

Get Political Month: In January 1916, Manitoba became the first Canadian province to grant women the right to vote in provincial elections. Recognize this moment in history by using the remaining days in January to learn more about Canadian politics. Stop forwarding "S-t People Say" videos to your friends and take some time to write to your local MP about an issue you care about.

Read a Book Month: Remember books? Well, this month (today in fact) marks Benjamin Franklin's 306th birthday, and as the founder of America's first lending library, he would want you to put down your iPad, get offline and become reacquainted with paperbacks. Of course, let's ignore the fact that I used Wikipedia to research all of these pieces of January-centric trivia.

Read more of Jessica Napier's columns at metronews.ca/shesays



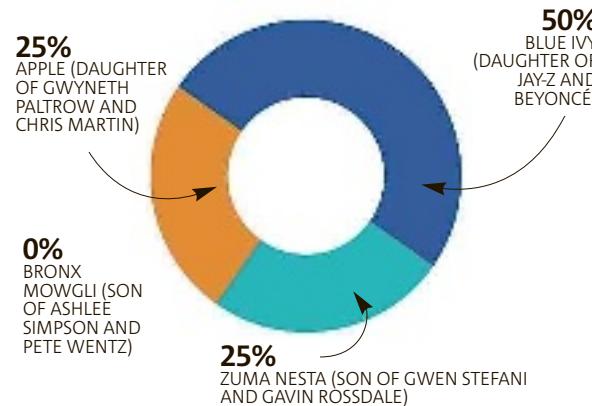
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What's your favourite unconventional celebrity baby name?



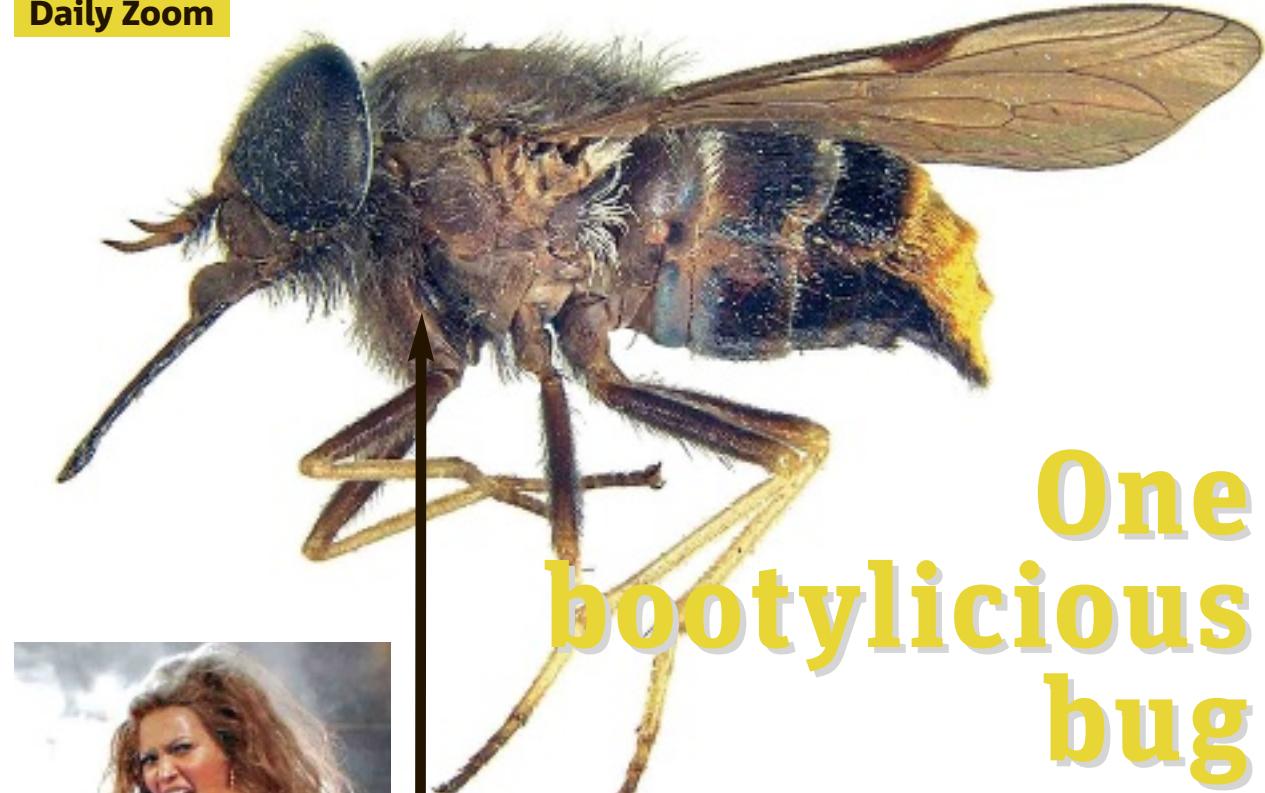
Local tweets

- ▶ **@chrischas-escars:** @sproudfoot I love running when it's ~ -10. Warm enough to be comfortable, cool enough to keep you from overheating.
- ▶ **@sheila_gh:** hmmm RT @neilhedley: Okay that's odd. Just started craving deviled eggs. #MaybellmPregnant
- ▶ **@Hellacious_:** RT @SkittleMonsters: Want to read a book that will blow your mind? Pick up Twilight. It is so bad you'll literally blow your mind with a shotgun.
- ▶ **@BobbieEnright:** @_HeS-

- ▶ creamsJazzy Hey! You should Check out @mike-shaffer. He's a sick bassist in Automatic Me!
- ▶ **@TravisCroken:** Another meeting! Busy busy day trying to tie up all the last minutes. #bridgehead coffee do your magic!
- ▶ **@EAMJ:** In tears my toes are so cold waiting for the late bus
- ▶ **@KarenQuips:** @EAMJ I feel you. It's cold out there!
- ▶ **@kgonthebeat:** @devonveillette I can't fit all my frustrations with this school in 140 characters. We will have to get a coffee or something lol

Daily Zoom

BRYAN LESSARD/COMMONWEALTH SCIENTIFIC AND INDUSTRIAL RESEARCH ORGANIZATION/THE ASSOCIATED PRESS; INSET: FRANK MICELOTTA/GETTY IMAGES



One bootylicious bug

Researcher's crush is what's in this name



A newly discovered horse fly in Australia with its golden-haired bum is pinned at the Australian National Insect Collection in Canberra. For Bryan Lessard, a researcher of Commonwealth Scientific and Industrial Research Organization and a fan of pop diva Beyoncé, there was only one name worthy of its beauty: Beyoncé,

He wanted to pay respect to the insect's beauty by naming it *Scaptia (Plinthisa) beyonceae*.

Previously published results were recently announced on the species that had been sitting in a fly collection since it was captured in 1981 — the same year Beyoncé was born.

THE ASSOCIATED PRESS

Beyoncée

- ▶ Lessard said Beyoncé would be "in the nature history books forever" and the fly now bearing her name is "pretty bootylicious" with its golden backside.
- ▶ He added he was unable to find any live specimens in 2010. However, at least one member of the public has alerted him that he was recently bitten by what's locally called the "gold bum fly."

Beckinsale gets her bite back

► Underworld star Kate Beckinsale explains how her stunt work is getting better with age

 NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Underworld: Awakenings marks Kate Beckinsale's third outing — after skipping the franchise's last installment — as ruthless, gun-toting vampire Selene, so the British actress has had time to adjust to her character's temper. "I suppose it's my second or third time playing the character, so I'm used to the fact that she doesn't hold back when she's annoyed," she says.

Annoyed is one way to put it. In the new film, Selene bites, shoots and stabs her way through countless human and werewolf foe after waking up from a forced 12-year hibernation. And after three films, Beckinsale is still amazed she's developed a reputation as an action star. "It's so crazy, it's absolutely mad. And you'd think I'd be more used to it now," she says.

So what would the Oxford-educated actress like to be doing besides dispatching bad guys? Making people laugh. "I'm quite smiley and jolly in real life," she says. "I'd love to do more comedy. I don't find very many comedies where



► Kate Beckinsale reprises her role as the vampire Selene in Underworld Awakenings, which opens on Friday.

I find the women's parts are very funny. Bridesmaids was so exciting because that doesn't happen very often."

Of course, Kristen Wiig and her Bridesmaids crew had to write those parts for themselves. "Interestingly, they don't have children," Beckinsale says with a laugh. "I realize there's a limit to the multitasking that I'm capable of. There are people who are much more capable of doing 20 things, and I'm doing two

as well as I can. So I know that I'm moving into a very different stage with my daughter. She's about to be 13 this month, and whilst obviously you're still their mother, it's in a slightly different way than when they're three years old. I'm anticipating a little bit more free time while she's on Facebook."

At 38, Beckinsale is by no means old, but Hollywood can be a cruel place for actresses. She acknowledges the industry's double stan-

dard for women and men when it comes to maturity, but she's ignoring it. "You're talking to someone who's just spent the entire year running about on a wire," she says. "For me, I haven't been handed my carpet slippers or experienced any career hot-flashes yet. I'm sure I will, but this hasn't been it. So I'm able to live in my little bubble where I'm not about to be 70 years old."

In fact, when comparing how she handled the stunt

Hollywood today

► Kate Beckinsale is by no means a fan of the TMZ age, with constant paparazzi attention, but that doesn't mean she doesn't understand it. "I think we've lost that slightly magical air of what movie stars used to be," she says. "There's something that is very spoiled now. It is very tempting to expose everyone's feet of clay because we are so bombarded with visuals of the perfect female and male form that I think it's very oppressive to people. You can't help but want to actually prove it wrong because most of those photographs are airbrushed and most of those people are probably taking cocaine to be thin."

work on the first Underworld film to Underworld: Awakenings, Beckinsale says she's actually getting better with age. "I just feel better because I was such a novice then," she says. "Whether I've lost energy, eggs, hope, bone density, whatever — fullness in my breasts — I'm not aware of that as much as I am the fact that I'm more confident in the stuff."

2
scene

Scene in brief



Kid Rock has apologized after a man complained that the musician smoked a cigar at a nonsmoking venue in the Detroit area. Randy Snell says Kid Rock lit the cigar while at country singer Travis Tritt's show Friday at Andiamo Celebrity Showroom in Warren. Spokesman Nick Stern told The Detroit News that Kid Rock offered his "most sincere apologies."

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Golden Globe parties crowded with tired, but grateful, stars

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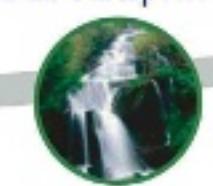
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Bell Sensplex

Wilde, Sudeikis: It's on

Olivia Wilde and Saturday Night Live star Jason Sudeikis went public with their romance over the weekend after months of quietly dating, adorably locking lips while out for a stroll in New York City's West Village, according to Us Weekly.

Sudeikis split from January Jones last year after six months of dating, while Wilde's divorce from Tao Ruspoli was finalized in October.

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Sunday night's alright for fighting

► Elton, husband have choice words for Madge

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Elton John and Madonna are in the middle of a huge feud — and honestly, I haven't seen two queens go at it this hard since RuPaul's Drag Race.

It started Sunday night at the Golden Globes, when both of the icons were nominated against one another in the category of Best Original Song in a Motion Picture.

Madonna was nominated for Masterpiece in W.E. while Elton was tapped for Hello Hello from Gnomeo & Juliet.

When asked by Carson Daly on the red carpet about the chances of Madonna winning, EJ quipped: "Madonna doesn't have a (expletive) chance."

"Those are fighting words," Daly told Elton, who replied, "No, those are actual words."

Then, when Madonna actually won, Elton's partner, David Furnish, went



► Elton John



► Madonna

onto Facebook to vent his frustration.

"Madonna. Best song???? (Expletive) off!!!"

Not satisfied, he continued his rant: "Madonna winning Best Original Song truly shows how these awards have nothing to do with merit. Her acceptance speech was embarrassing in its narcissism," he wrote.

Madonna won't fight dirty though (but, oh, how I wish she would fight dirty!), and backstage she was the emblem of polite.

"I hope he speaks to me

for the next couple of years," she said about John.

"He's been known to get mad at me so I don't know. He's brilliant and I adore him so he'll win another award. I don't feel bad!"

Way to take the high road, Madge.

You could have easily just pointed out that the man known for such classic compositions as Candle in the Wind and Rocket Man was this year hoping to win an award for a movie called Gnomeo & Juliet.

Brand is 'quite well, thank you'

If you want to know how Russell Brand is handling his split from Katy Perry, you'll just have to come out and say it. Brand played coy when, during a press conference for his new TV series Strangely Uplifting, a reporter simply asked how he was doing, according to Hollyscoop.

"I'm quite well, thank you," Brand said.

"Are you asking because of recent events? Well, I suppose what you're doing is you're making the mistake of seeing time as linear."

While Brand tried to avoid discussing his personal life, he does admit it will likely play into his new



► Russell Brand

show.

"I think there will be inevitable biographical elements because you can't

speak from anyone's perspective but your own," he said.

• METRO

Ski smarter this season

► We often hit the slopes without training — or thinking about the damage it could have on our body ► Professional skier Amie Engerbretson explains how adding yoga can help you out

Hot chocolate breaks and cheese fondue aside, a skiing holiday can be straining. Even professional skier Amie Engerbretson, who also stars in catalogue shoots, finds the sport is tough on her body. Core work and yoga help her focus and thrive.

Build the core

Yoga builds up core strength, which is what maintains your back and without it you would struggle to stand up straight.

"People focus on building muscle in the legs when what they should be focusing on is the back," says Engerbretson.

"That's where you'll be taking a beating. Assuming you have a strong core and back, your body will be able to absorb the shock caused by the bumps you hit going downhill. With a weak core, your body will collapse on every impact, breaking down a little each time."

A strong core keeps you standing upright and stops you from hunching over, the biggest cause of the 'scorpion' fall, when your back curves and your legs



► Injuries can pile up quickly while on the slopes.

(and skis) curl under your body.

Stand up straight

A lot of skiers suffer from poor posture but what they don't realize is that body alignment is directly linked to core strength.

"As soon as you get your skis on you should be thinking about getting your posture right," says Engerbretson. "Bring the spine upright, align your shoulders with the hips and drive your hips down into snow."

Load up your legs

In order to build up leg strength, Engerbretson cross trains, mixing up mountain biking, bar method and yoga. Yoga's holding poses, such as the tree pose, are particularly beneficial when it comes



People focus on building muscle in the legs when they should focus on the back.

AMIE ENGERBRETSON

to strengthening the lower body.

"Holding poses require sustained muscle energy. When you're in the tree pose (standing on one leg) and stretch out your leg from the joint, you're actively engaging your core in order to balance on one leg."

Those who have done help this sort of pose will have experienced micro wobbles in their legs.

"The stabilizer muscles are the tiny muscles in the joints. When you stand in a balance pose and the leg wobbles, you are engaging and therefore toning and strengthening these tiny muscles and therefore protecting the knee joint," she explains.

● METRO WORLD NEWS



A new study shows



3

minutes of exercise a day could help prevent type 2 Diabetes, according to scientists from the University of Bath in the U.K.

● METRO WORLD NEWS



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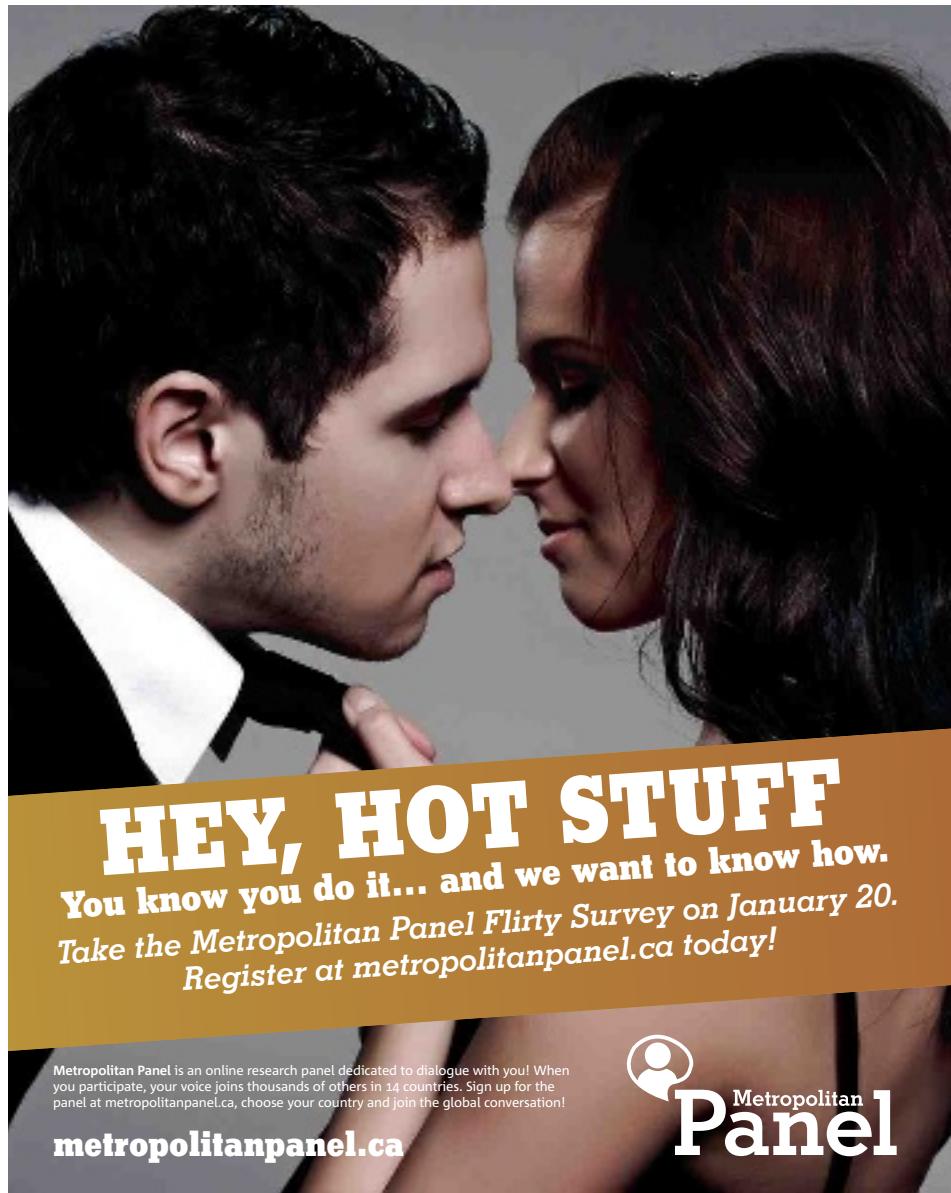
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The workout

3 SKI-BETTER MOVES

This aerobic workout will strengthen your legs, back and arms so that you can make the most of your ski trip.

High mountain

1 for better posture and stronger thighs

Start with your feet hip-width apart firmly pressing into your feet and energizing your legs. On an inhalation, lift your arms up alongside your ears with your palms facing each other.

Forward bend

2 with hand clasp

stretches the hips, hamstrings and thighs. The hand clasp increases the intensity of the pose.

Exhale, swing forward and clasp your hands behind your back as you fold in to a forward bend. Keep the weight from falling back onto your heels and stretch your hamstrings,

back and shoulders in this forward fold. Scoop your lower abdominals in and up, and as you take your arms overhead try to keep the top of the shoulders relaxed.

Skier's chair pose

3 into high lunge

chair pose strengthens the spine and thighs and the high lunge works on strengthening the legs and the arms.

Inhale, bend your knees and come in to a skier's chair tuck keeping your hands clasped behind your back, abdominals engaged. Bend deeply and gaze forward as you step your right leg back behind you and swing your arms up alongside your ears coming into a high lunge. Make sure your front knee is directly over your front ankle and press firmly through the heel.

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► Forward Bend with hand clasp



► High Mountain

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**Preparation:**

1 In bowl, combine beef, garlic, parsley, fennel powder and pepper. Cover and refrigerate for at least 1 hour. In nonstick skillet heat oil over medium high heat and cook meat mix until browned.

2 In pot of boiling salted water, cook pasta 10 mins. or until al dente. Drain, reserving 125 mL (1/2 cup) of cooking liquid. Add pasta to meat mix and stir in reserved pasta cooking liquid. Cook 2 mins. Remove from heat and stir in

Ingredients:

- 750 g (1 1/2 lb) lean ground beef
- 2 cloves garlic, minced
- 15 mL (1 tbsp) chopped parsley
- 1 mL (1/4 tsp) fennel powder
- black pepper
- 15 mL (1 tbsp) olive oil
- 1 pkg (500 g) whole-grain rotini
- 500 mL (2 cups) torn arugula
- 30 mL (2 tbsp) Parmesan

arugula and cheese to serve. **THE CANADIAN PRESS/BARILLA**

Hakuna Frittata, rapini style

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Preparation:

1 In pot of boiling water cook rapini for about 6 minutes or until tender but firm. Drain well and using wooden spatula gently push down on rapini to remove even more water. Chop rapini coarsely.

2 In 8-inch (20 cm) non-stick skillet, heat oil over medium heat and cook garlic and pepper flakes 1 min. or until fragrant. Add rapini and toss to coat; cook stirring 8 minutes or until beginning to brown and get crispy.

3 Meanwhile in bowl whisk eggs, cheese, salt and pepper. Pour into skillet stirring to combine with rapini. Cook lifting edge with rubber spatula letting runny egg go to bottom until bottom is light

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Panini perfection at Pressed

► This café offers a rustic feel and a delicious variety of ready to press eats

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



Though parking near Pressed is tricky, this café is worth visiting. Pews, wood tables and chairs make this place homey and rustic. There's a couch near the window with vintage magazines on the coffee table for browsing and Trivial Pursuit cards for an impromptu challenge with friends.

► **Pressed**
750 Gladstone Ave.
613-680-9294
Reservations: No
Client negotiations: Yes
Social lunch: Yes
Price range: \$\$
Rating: 4.5 out of 5



You can pick from a variety of ready to press Panini. Temptations included prosciutto with arugula pesto and parmesan or black bean with refried beans, tomatoes, salsa and guacamole or the one that hooked me: wild boar with

BBQ sauce and kale-apple slaw. The bread was crispy from the press and the pulled meat was tender with a touch of sweetness and crunch from the vegetables. It was perfect.

On the side were freshly cut sweet potato chips

sprinkled with chipotle pepper.

Though my cream of carrot soup arrived after my Panini, it was prettily garnished with red pepper and laced with cheesy goodness that overwhelmed the carrot flavour in a good way.

Ingredients:

- 1 bunch rapini, trimmed
- 2 tbsp (25 mL) olive oil
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) hot pepper

golden and top is set. Place plate over top of skillet and invert frittata onto plate. Slide frittata back into skillet and cook 3 mins or until golden.

flakes

- 6 eggs
- 1/4 cup (50 mL) freshly grated Parmesan cheese
- 1/4 tsp (1 mL) salt
- Pinch pepper

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

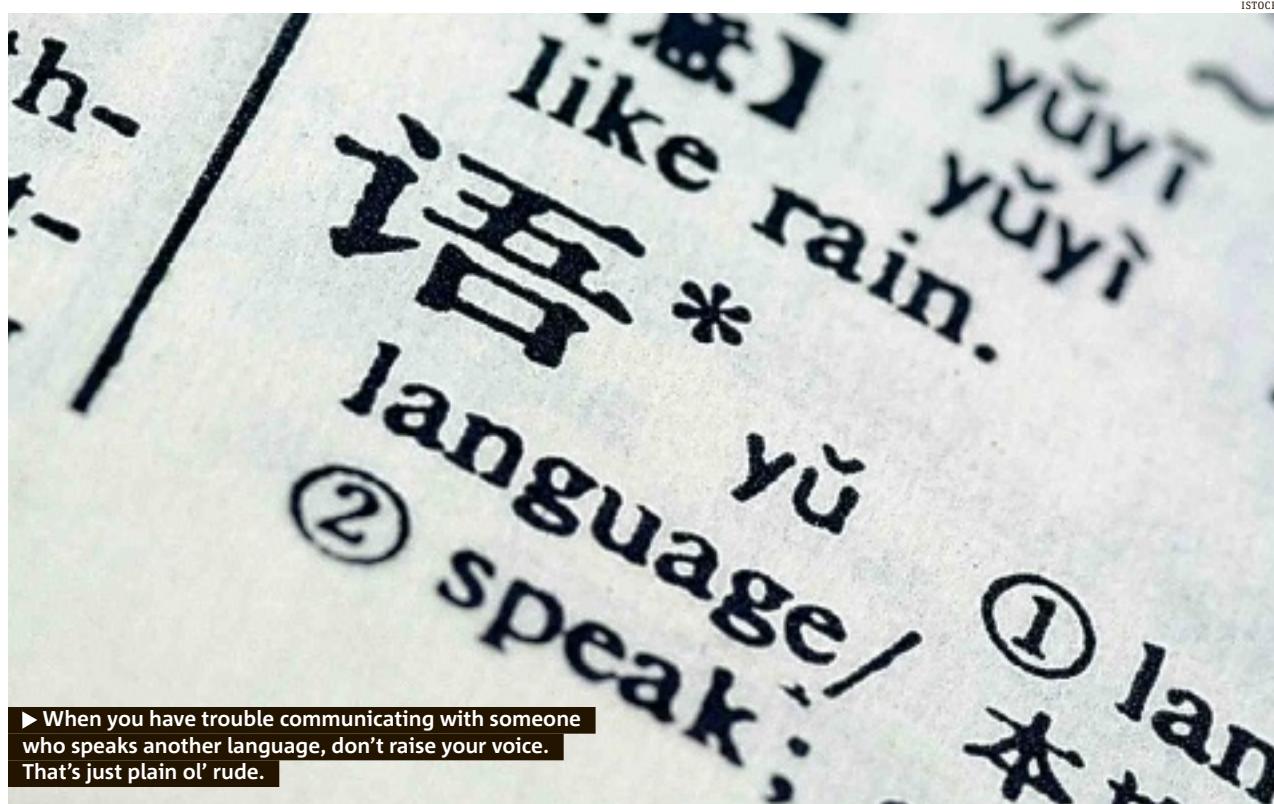
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► When you have trouble communicating with someone who speaks another language, don't raise your voice. That's just plain ol' rude.

COMMUNICATING IN A FOREIGN LANGUAGE

I'm back on the road this week and am currently in Bangkok, Thailand.

I have observed what seems to happen often when I travel to foreign countries — people have trouble communicating with each other because they don't speak a common language.

When communication breaks down, people start to raise their voice and treat the service person like an imbecile.

This, to state the obvious, accomplishes absolutely nothing except raising your blood pressure and making you look like an idiot.

So what to do? I think there are four techniques

CHARLES THE BUTLER



ASKCHARLES
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we can all use to best try and communicate in the absence of an interpreter.

1. Slow down. Speaking quickly makes it very hard for others who do not speak our language to understand us, so slowing down might help a little.

2. Annunciate your

words. Truth be told, we are not the best generation at pronouncing our words clearly. Slowing down and annunciating all of our words better gives the listener a chance to understand the gist of what we are trying to communicate.

3. A calm tone is always best. Keeping calm helps keep the entire communication going smoothly.

4. Hand gestures will always help bridge the gap between the two of you, so if possible, travelling with a champion charades player may always be of help!

On my current Asian business tour, I learned something of great interest: in Shanghai, three luxury

hotels require their workers to attend English-speaking classes paid for by the hotel.

The objective is to ultimately better service the English-speaking traveller.

How interesting that on the other side of the coin, I have yet to find a hotel in English-speaking countries to provide and offer Mandarin-speaking lessons to their employees.

With an estimated 150 million middle class Chinese tourists expected within the next few years, I see a lot of hand signals and slow speaking people in the future.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
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5 minutes with: Amber Bacon

► Canadian ex-bachelorette opens up

PHYLLICIA
TORREVILLAS
LIFE@METRONEWS.CA

Amber Bacon, a Port Coquitlam, B.C., nurse and the only Canadian who had a chance to woo The Bachelor, talks to Metro about her time on the show, not getting a rose and her message to Ben Flajnik.



► Amber Bacon

ed to stand out so they did whatever they can to make Ben remember. There are so many girls and I don't even know how he would remember 25 names. If you do something big like coming in on a horse, and he would be like, 'Oh that girl on the horse.' I think that was smart of them that they got his attention.

Giving Ben a taste of bacon by having him kiss your hand, was that on the spot or not?

I had it prepared and wanted something that was a little bit fun, flirty and memorable so I thought the 'Baconator' was fun. I don't take myself too seriously so I was able to poke fun at my name and I thought that was good.

How was it being in one room with 24 other women? Did you see some checking out the competition?

I think girls always look at other girls and size them up to try and see who they're up against. I think that's normal for girls in any situation. In any bar you go to, all the girls are kind of looking at each other. This situation is a bit high stress and a bit more intense, so some of the girls can take their emotion to the next level and get all riled up.

What are your thoughts on people saying this was the 'most gimmicky' Bachelor premiere ever (somebody brought her grandma, another came in riding a horse)?

I think the girls really want

How did you feel about not getting a rose?

I was a little disappointed that I didn't get more time to be on the show and to see if I liked Ben. At the same time, not everyone likes everyone. I'm still a great girl and he's still a great guy.

Are you rooting for anyone?

I really liked Lindzi (Cox), the girl who came on the horse. I do think she was a really nice, down-to-earth girl. I had spent time talking to her and just thought she was a genuine, classy lady so I'm pulling for her.

What's your message for Ben?

You gave up on the best girl in the world. Good luck.

The Bachelor airs Mondays on Citytv.



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GOOD JOB, CANADA!

FUN AND FRUGAL

LESLEY SCORGIE
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Pat yourself on that back! The BMO holiday spending survey results were released last week and 76 per cent of Canadians reported they spent less than they had planned over the holidays. On average, Canadian households shelled out \$1,029 on food, drinks, gifts and entertainment; \$300 less than what most were expecting to spend.

Around 25 per cent of that same group listed 'reducing household debt' as their number one priority for 2012. Pulling in second place, with 24 per cent of respondents, was a resolution 'to save more for retirement'. The top three ways to achieve these goals are:

- Spend within your budget. Use online financial tracking and budgeting tools to keep a close watch on your spending. These tools are free with your online banking. Once you know where your money is going, you can find ways to cut back. If overspending knocks you off budget, ask your three-year-old niece or nephew to hide your credit cards in a secret spot in your kitchen. By the time you've found your cards, the wave of spending temptation will have passed.

- Tackle your debt head on by paying a little extra whenever you can scrounge up a few dollars. If you're paying high interest rates, negotiate for lower ones.

- On payday, before you pay your bills or hit up the ATM, automatically contribute savings to a registered investment plan like an RRSP or TFSA. Many employers will set this up for you or you can ask your local banker for assistance.

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Feeling inspired to save some money? Here's Sellery's Top 3 tips for Metro readers.

► Bruce Sellery, left, and Dr. Joti Samra co-host *Million Dollar Neighbourhood*. The show premieres Sunday on OWN.

CONTRIBUTED

annoying, but will make you more conscious of what you spend your money on. This will help you find some places to cut back. Credit cards mask over the pain of spending, which is one reason consumer debt levels are so high. Pain can be a good thing as it helps us avoid danger. Going cash only will help bring back the pain and reduce the danger of over-spending.

Take a second look at past tax returns: Consider using a professional tax preparer to look at old returns and see if there are tax credits or deductions you may have missed.

BRUCE SELLERY IS AUTHOR OF *MOOLALA: WHY SMART PEOPLE DO DUMB THINGS WITH THEIR MONEY AND WHAT YOU CAN DO ABOUT IT*.

Get fanatical about fees: You drive out of your way to save a dollar on diapers or a dime on gas, but don't look closely at the fees you're paying for cellphone plans, Internet, banking and investing. Figure out what you're paying then see if you can get a better deal from a different provider. If you can, call and ask your company to put you on a better plan. If they won't, saunter on over to their competition.

Put your credit card on ice: Store your credit card in the freezer and live cash only for one month. Yes, it is totally inconvenient and

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4
sports

Senators preview

Ottawa
at Toronto
7 p.m.
TV: SNET



The Senators (25-15-6) head to Toronto (22-17-5) for their second game in two nights. The Maple Leafs have lost their last two games while Ottawa had won four in a row and eight of its last 10 heading into last night's game against Winnipeg. Toronto's leading scorers Phil Kessel and Joffrey Lupul haven't recorded a point in three games. Both players are minus-4 over that span. Jason Spezza has four goals in three games and Milan Michalek four in his last five. Tyler Bozak (upper body) is expected to return to Toronto's lineup.

THE CANADIAN PRESS



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Senators come up blank against Jets

► Mason's 25 saves give Winnipeg the win ► Slater, Enstrom score

Chris Mason stopped 25 shots for his second shutout of the season as the Winnipeg Jets defeated the Ottawa Senators 2-0 Monday night.

This was the first time this season that the Senators had been shutout.

Jim Slater and Tobias Enstrom scored for the Jets (21-19-5), who snapped a three-game losing streak.

The Senators (25-16-6), coming off a perfect road trip where they went 3-0 and winners of eight of their last nine, looked tired and uninspired.

Craig Anderson, who was 8-0-1 in his last nine starts, stopped 33 shots.



Ottawa is known for its third-period comebacks, but the Senators were unable to overcome the 2-0 deficit they faced.

The Senators had two great chances in the dying minutes of the third peri-

od, but Mason stopped the first and the second hit the crossbar. A power play in the dying seconds of the period proved to be ineffective as well.

After being outshot 13-3 in the first the Senators came out with a much better effort to start the second, but were unable to beat Mason despite a few solid chances.

The Jets made it 2-0 as Enstrom's shot from the faceoff circle beat Anderson through his legs.

The Jets wasted little time taking control of this game with Slater scoring 49 seconds into the first, taking advantage of some poor defen-

sive coverage by Ottawa.

The Senators had a scare late in the first after Evander Kane levelled Erik Karlsson in the corner. Karlsson was slow to get up, but did remain in the game.

Chris Neil looked for retaliation late in the period, but only ended up leaving Ottawa short-handed as he was assessed a double minor for roughing.

Ottawa will have little time to ponder its performance as the Senators head out for a five-game road trip starting with Tuesday's game in Toronto.

THE CANADIAN PRESS

Nadal wins despite injury

Rafael Nadal has a new injury — a tendon problem in his right knee that nearly forced him to forfeit a first-round match at the Australian Open on Monday that he won handily.

Roger Federer, defending champion Kim Clijsters and top-seeded Caroline Wozniacki were also bothered by injuries coming into the year's first Grand Slam event, but all advanced in more routine fashion and appeared to be over their ailments.

That wasn't the case with Nadal. Bothered by a left shoulder injury late last year, the Spaniard's right knee was heavily taped during his 6-4, 6-1, 6-1 win over Alex Kuznetsov.

"I was sitting on a chair in the hotel, I felt like a crack on the knee ... really strange," Nadal said. "I stand up. I felt the knee a little bit strange. I moved the leg like this two times to try to find the feeling. After the second time, the knee stays with an unbelievable pain completely straight. I have no movement on the knee."

He wasn't completely sure he could play but decided to do so after an MRI exam showed no major damage, although he still had concerns.

"I started with a little bit of a scare at the beginning, and nervous because I was really disappointed yesterday," he said. "But after the first 10 games ... I started to play with normal conditions."

Nadal added that he doesn't quite understand what happened, but "I am really happy that today I was ready to play and I played a fantastic match."

Milos Raonic of Thornhill, Ont., is the lone Canadian in the men's singles draw. The No. 23 seed will face unseeded Filippo Volandri of Italy on Tuesday. Vancouver's Rebecca Marino, Stephanie Dubois of Laval, Que., and Aleksandra Wozniak of Blainville, Que., are also scheduled to play Tuesday. THE ASSOCIATED PRESS

Crosby turns to familiar treatment

► Penguins star to make return visit to Toronto-born chiropractor

Sidney Crosby's recovery is back in the hands of chiropractor Ted Carrick.

The Pittsburgh Penguins announced Monday their captain will meet with Carrick this week. Crosby was treated by the founder of chiropractic neurology in August and credited him with helping accelerate his return from a concussion earlier this season.

Crosby last played for the Penguins on Dec. 5, when his concussion symptoms returned.

Crosby's agent, Pat Brisson, noted Carrick specializes in helping improve the "vestibular system" — which contributes to balance and spatial awareness.

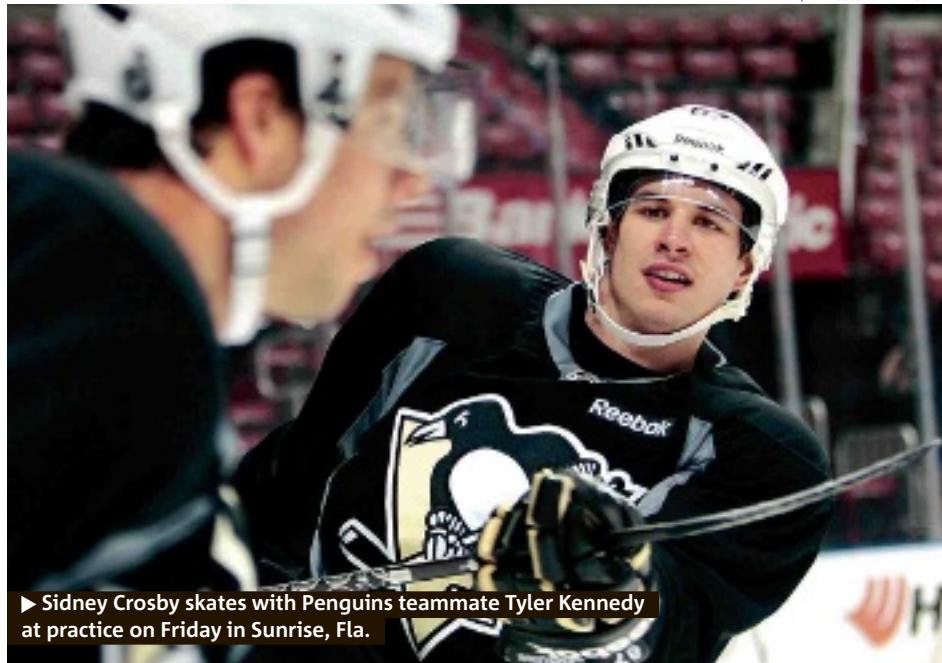
That continues to be a problematic area for Crosby. He accompanied the Penguins on a three-game

"Sidney has made a lot of progress but he is still having some symptoms, so this is the next step in his recovery."

PENGUINS GM RAY SHERO

road trip last week and skated twice in Florida, telling reporters afterwards he continues to deal with issues related to motion.

"The motion stuff has kind of been the issue, both the time before and now going through it for a bit," Crosby said Friday. "The good thing is that I have a pretty good handle on it, and I'm always able to (treat) that. That was a big help in August when I went to Atlanta (to see Carrick).



► Sidney Crosby skates with Penguins teammate Tyler Kennedy at practice on Friday in Sunrise, Fla.

"So I know I can handle that if I need to and if it comes to that."

The Toronto-born Carrick practises in Florida and

Georgia, and founded the Carrick Institute for Graduate Studies to teach his method of treating brain injuries. Viewed by some

medical professionals as unorthodox, Carrick's holistic approach has gained notoriety through his work with Crosby, which was

chronicled on CBC's Hockey Night in Canada and in a lengthy Maclean's feature.

Carrick's treatment combines chiropractic practice with neurology and includes the use of a "whole-body gyroscope" — a rotating chair which spins upside down in an effort to stimulate the brain.

"We tailor our treatments very specifically to the individual," Carrick told Maclean's last year. "When we have an area that's not working right, we look at other areas that can compensate for that if we need to, or we look at mechanisms to make those areas work right."

Since being diagnosed with a concussion Jan. 6, 2011 — after taking hits to the head in consecutive games — Crosby has appeared in just eight NHL games, registering two goals and 12 points.

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Rita returns to the sidelines

► Former Rough Riders coach takes position with Prague Panthers of the Austrian Football League

Adam Rita is returning to the sidelines in 2012 — just not in the Canadian Football League.

The Prague Panthers, based in the Czech Republic, announced on Monday that Rita would be joining them as head coach and

manager for the 2012 season.

"I am too passionate about the game of football to not continue being involved," said Rita in a statement. "The Prague opportunity will not only allow me to help build the

sport in Europe, but I welcome the opportunity to work within the 'football club' environment as I continue to expand my experiences."

Rita was the general manager of the Toronto Argonauts from 2004 to

2010. The Argos announced on Dec. 15, 2010, that the team would not renew his contract as GM and vice-president of football operations, opening the door for head coach Jim Barker to add both titles to his portfolio.

Before that, Rita served as head coach of the B.C. Lions in 1997, 1998 and 2002.

He coached the Ottawa Rough Riders in 1994 and Toronto for the 1991 and 1992 seasons.

Rita won his only Grey

Cup in 1991, his debut as a head coach.

The Panthers joined the Austrian Football League in 2011 after playing in the Czech league for 20 years. Prague won the Czech championship 12 times.

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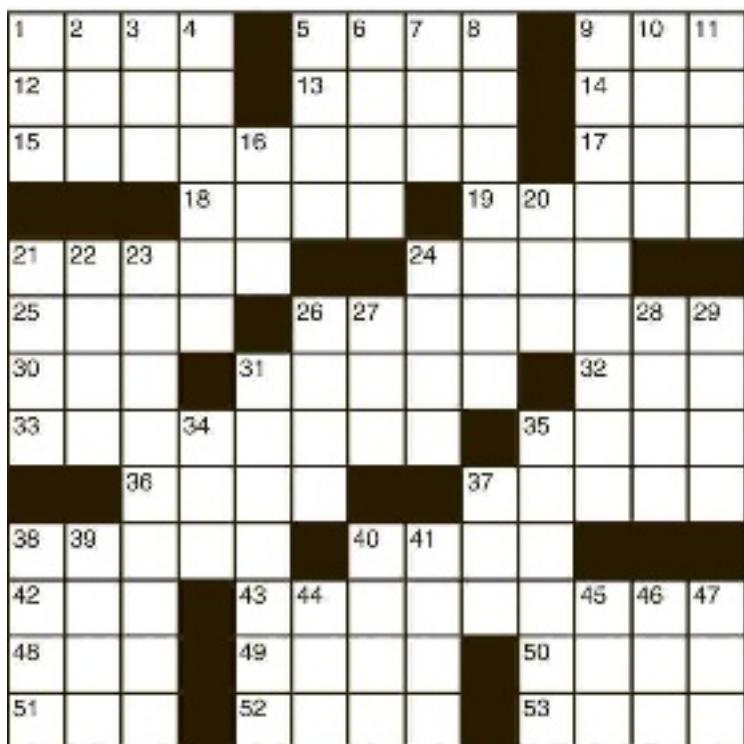
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Crossword

Across

1 Help on the sly
5 Creche visitors
9 Sch. org.
12 Short skirt
13 Astringent
14 Rowing need
15 Quickly
17 Take to the slopes
18 Stretch vehicle
19 Played Hamlet,
e.g.
21 Stares stupidly
24 Soon, in poetry
25 Crucifix
26 Some graduate
courses
30 — and outs
31 Maximum
32 "The way" in
China
33 Debris
35 Crazy
36 Stubborn beast
37 Dissolves
38 Sordid
40 Many millennia
42 Standard
43 Put off
48 Request
49 Operatic solo
50 Goodyear product
51 "Indeed"
52 Transaction
53 Verve



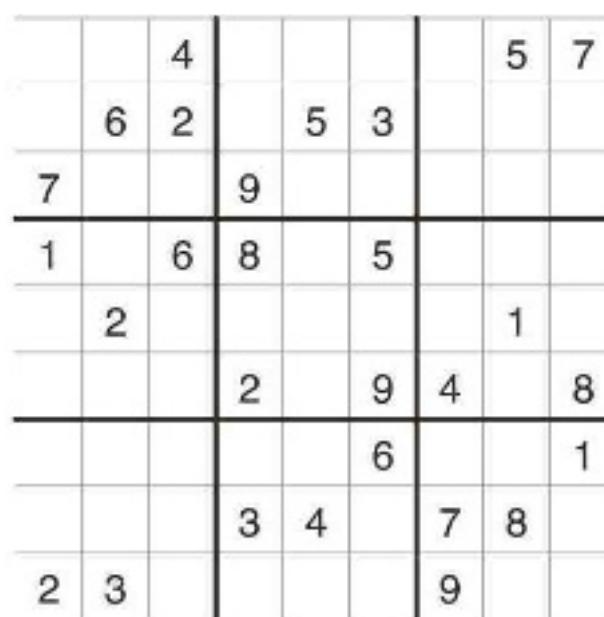
8 "This is no joke!"
9 Of the very, very
young
10 Seize
11 Saharan
16 Man's possessive
20 Swindle
21 Puzzle diagram,
e.g.
22 Highly rated
23 Mailing-date indi-
cators
24 Writer Kingsley
26 Location
27 Ostrich's cousin
28 Huck's transport

29 Drunkards
31 Frog's perch,
maybe
34 Piratic potion
35 Signify
37 Unruly hairdo
38 Fix, in a sense
39 Relaxation
40 Europe's neigh-
bour
41 And others (Lat.)
44 Raw rock
45 Zero
46 Historic period
47 Lair

► Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►



Today's horoscope



Aries March 21-April 20
What are you hoping for? What is the one thing that would make your life more enjoyable? If you know the answer to those questions then you are closer to success than you think.

Taurus April 21-May 21
You can sense that something unusual is going to happen and that it's only a matter of time before your talents are rewarded.

Gemini May 22-June 21
You've no doubt had your fill of upheavals of one sort or another and it won't be long before a more positive phase begins.

Cancer June 22-July 22

You will make a new friend — someone who not only brings a great deal of fun into your life but who will, at some stage in the future, benefit you financially too.

Leo July 23-Aug. 23

Worry less about your work and worry more about your relationships.

Virgo Aug. 24- Sept. 22

However fast you happen to be moving you should slow down a bit over the next few days.

Libra Sept. 23-Oct. 23

Life may have been tough of late but in a few days time you won't want to trade places with anyone.

Scorpio Oct. 24-Nov. 22

For today's crossword answers and for expanded horoscopes, go to metronews.ca

You must speak up and tell the truth as you see it.

Sagittarius Nov. 23-Dec.

21 Today it will pay you to keep a (very) low profile.

Capricorn Dec. 22-Jan. 20

There's no excuse to give up on things that should have been finished by now.

Aquarius Jan. 21-Feb. 18

Your ego needs stroking so get out there where you'll be seen.

Pisces Feb. 19-March 20

Your task today is to cut out the noise of your everyday environment and pay attention to that small voice within. It has lots to tell you. ■ SALLY BROMPTON

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